

The
Goodie Shop
Bakeries
"Serving the
Haliburton
Highlands"

The HIGHLANDS

Express

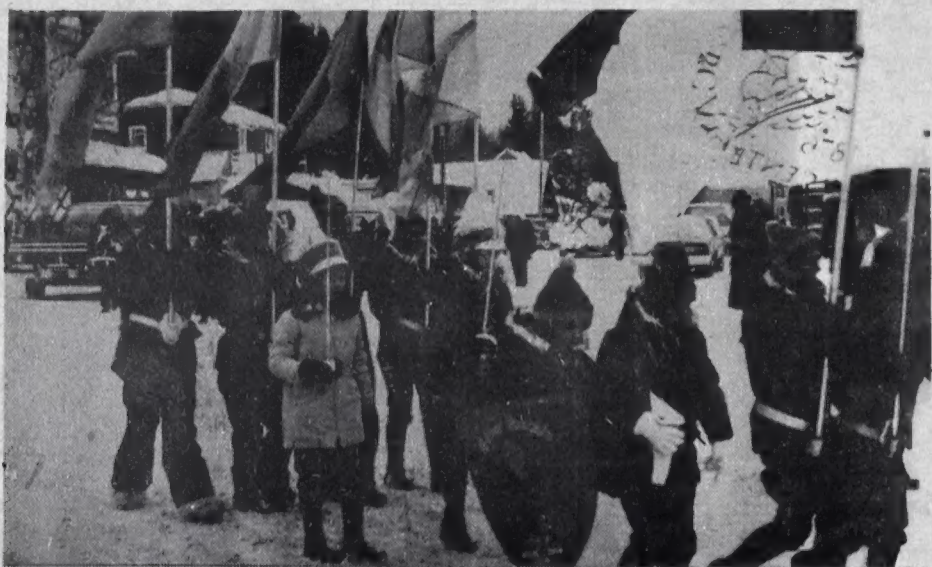
This Week's
Special—
TERYLENE
Quilt Batts
Regular 5.79
Special 3.99
STEEDMAN'S
MINDEN

Vol. 2, Number 4

R.R. 2, Minden, Ont., Wednesday, Feb. 1, 1978

15¢

1978 KINSMEN CARNIVAL PARADE



More photos and reports inside and more to come next week!

Conaghan and Shingler resign, Valentine new Reeve

LUTTERWORTH — The misuse of a Township credit card have led to the resignations of the Reeve and Deputy Reeve of the Corporation of the Township of Lutterworth.

At a special council meeting held on Monday afternoon at the municipal office in Lutterworth the resignations of Lutterworth Reeve Patrick Conaghan and Deputy Reeve A. O. Bert Shingler were accepted by council.

The resignations stemmed from an investigation by Councillors Ron Gambell and Glynne Lewis, into the misuse of a township credit card by Deputy Reeve Shingler. The two councillors allege that scores of long distance telephone calls were made during the past year on the municipalities telephone credit card by Mr. Shingler, with no indication of whether or not these calls were made on township or private business. The demand by the two councillors for Mr. Shingler's resignation came at a special closed council meeting held Monday, January 23rd. Since that time council has held two other meetings and on Monday, January 30th, both Mr. Conaghan and Mr. Shingler's resignations were accepted by resolution.

"I road on a slate with these men, said Conaghan,

and the buck stops with me, so I must take some responsibility for the passing of the township accounts." "I have been head of the heap and I should have checked more closely with what was going on."

"I had a meeting on Sunday, January 29th with councillors Valentine, Gambell and Lewis and turned in my resignation." Mr. Conaghan received Mr. Shingler's resignation by registered mail on Monday.

On Saturday, a special meeting was called by Reeve Conaghan and all members were present to discuss the credit card abuse. They discussed the article that appeared in a local paper last week and accepted it as being fairly accurate. However councillor Valentine stated that, "he couldn't accept the fact that all the calls, amounting to \$170.69, were on township business.

Council then passed a resolution unanimously to request the resignation of Deputy Reeve Shingler due to his abuse of his privileges of office.

Mr. Donald Finn, representing Mr. Shingler, then made a statement to council members on behalf of his client, "there will be no resignation as Mr. Shingler has indicated that he would rather have the matter directly out in the open particularly under section 240 of the municipal act."

Councillor Gambell then made a comment to Mr.

Conaghan, commending him on the fact that he had instructed clerk-treasurer Wayne Hughes to withhold this year's credit cards. These credit cards are issued each year by Bell Canada, three to each municipality and are null and void at the end of each calendar year. The figures for 1977, from January to December totalled \$170.69 in telephone calls. A cheque for the total amount was given Mr. Hughes by Mr. Shingler.

On Monday, at another special meeting of council the resignations were dealt with and a new council formed. First a resolution was passed to accept both Mr. Conaghan's and Mr. Shingler's resignations. The resolution that was passed on Saturday, dealing with a Judicial inquiry has been placed in obedience until council receives further advice on a proper course of action.

Council passed another resolution instructing the clerk to ascertain from Bell Canada the source and destination of all unknown calls charged to the township up to January 20, 1978.

A new council for the Corporation was chosen and they are: Reeve, William Valentine; Deputy-Reeve, N. Ronald Gambell and Glynne Lewis remains the lone councillor. Council now have 90 days in which to appoint two more members.

FIRST OF A SERIES —

SAVE YOUR LIFE? -- A Two billion dollar question

Save Your Life? — A Two Billion Dollar Question

Heart disease and stroke not only kill more Canadians each year than all other causes combined — about 83,000—but they also afflict more than 2,600,000 Canadians of all ages. In addition, they cost the Canadian economy well over two billion dollars annually in lost wages and production, hospital and physician services and medication. And these are only the measurable costs. There is no way to estimate the real cost of the loss to business and industry of highly trained men and women or the effect on families of the premature removal of the breadwinner.

But the picture is not all black. Research in the last twenty years has resulted in tremendous advances in the diagnosis and treatment of heart disease and stroke. Thousands of Canadians who would otherwise be dead are alive today because of open-heart surgery and the continuing refinements such as aorta-coronary bypasses, the development of artificial and human heart valve replacements, pacemakers, coronary care units, rheumatic fever prevention and so on.

Despit this progress, the causes of heart attack and stroke and the means of preventing them still elude us. But the identification of the risk factors

associated with heart attack and stroke and the identification of their warning signals have provided us with the know-how to reduce the tremendous toll in lives and economic costs due to premature death and disability.

Thus we can say to you — and all other Canadians — you can reduce your chances of premature death and disability due to heart attack and stroke, if you will take some simple steps to help yourself and those near and dear to you.

Let's take a look at risk factors. Some, such as age, sex and heredity, do not lend themselves to modification. However, high blood pressure, elevated blood lipids, smoking, diabetes, obesity and lack of exercise are all conditions about which something can be done, and usually quite easily.

Have your doctor check your blood pressure and lipid levels. If necessary, they can be controlled by diet and/or drug therapy. A balanced diet, low in cholesterol and saturated fats, helps with overweight problems as well. If your lungs and heart haven't been harmed extensively, cutting out cigarettes can quickly lead to a real reduction in risk. A sensible exercise programme, approved by your doctor if you are over

forty or have any physical problems, will at least make you look, feel and enjoy life better, and there is evidence to suggest that a fit person has less chance of death should heart attack strike and an improved chance of a better and more rapid recovery.

You should also be aware of the warning signals of heart attack and stroke and the necessity of taking immediate action should they occur.

More than half of all who suffer a heart attack die before reaching hospital, usually within two hours of the initial symptoms. Strokes are often preceded by "little strokes" or warning signs which may occur days, or even months before the severe event. However, the procedure is the same for heart attack and stroke. When the warning signals occur, get the patient to the hospital emergency room at once if the family doctor is not immediately available. Delay spells danger and minutes count, especially the first few minutes, when heart attack or stroke strikes.

If you want to know more about how you may save your life or reduce your risk of heart attack — and help cut that two billion dollar annual cost — contact your provincial Heart Foundation for free, detailed information.

Reeve's Proclamation

WHEREAS the effects of heart disease are responsible for widespread suffering and create serious economic hardship in our community;

AND WHEREAS the Ontario Heart Foundation is taking positive action to reduce heart casualties through a planned, priority research program;

AND WHEREAS the Canadian Heart Fund Campaign to support heart research is being conducted from February 1st through February 28th, 1978;

I, THEREFORE, proclaim that the month of February be observed as Heart Month in The Township of Stanhope in the County of Haliburton. I further urge all residents to co-operate in the Heart Fund drive, and all civic, social and fraternal organizations and business establishments to give this campaign the greatest possible support.

S. G. Nesbitt,
Township of Stanhope

The Plague of the Heart

"They did not all die, but all were affected." So says the French author Marcel Camus with respect to the plague.

No one would knowingly expose himself to the plague, but unfortunately too many of us seem to expose ourselves to a modern-day malady, that of heart disease. Many uncontrollable factors are involved — heredity, age and sex — but there are other factors that can indeed be controlled. These include high blood pressure, smoking, diabetes, obesity, lack of physical exercise, poor food habits and immoderate use of alcohol.

Health and Welfare Canada has just launched a program to create public awareness of one of these controllable factors — food habits. Obviously, malnutrition poses problems, but equally serious problems are caused by excesses at the table and unwise food selection. We may think we are feeding our-

selves well but in reality we may be jeopardizing our chances of a longer life. What can we do then, to eat wisely?

The answer can be summarized in just two words: avoid excesses. Certain types of food must be eaten only in moderation: fatty foods, sugar, salt and alcohol. Obviously these need not be avoided completely but should be consumed only in moderate amounts. A balanced diet, as recommended by Canada's Food Guide, will lead to this kind of moderation and should allow many Canadians who might not otherwise do so, to enjoy healthy lives into the 21st century.

Canada's Food Guide and a new brochure entitled "Food and Your Heart" are available through your provincial health department or local health unit. They can help you develop healthier eating habits. And don't forget the heart has reasons the stomach cannot know!

Carnival Queens



SENIOR QUEEN, KELLY BEENEY



JUNIOR QUEEN, TERESA TREPANIER

Canadian Comment

BY PETER WARD

OTTAWA — (SF) — The cheers were somewhat muted when Defence Minister Barney Danson made his announcement that we are going to get six new ships for the Armed Forces, to be in service by 1989. It was the price tag of \$1.5 billion, the 11-year delay before commissioning of the new ships and the fact there are only to be six of them which caused concern.

A small exercise in long division reveals the fact that each of the new ships is to cost \$250 million. The Defence Department warns that the total figure includes a multitude of things like design costs, training and weapons, but to me the unit price arrived at by dividing number of vessels into total cost is still fair.

By comparison, the British are currently bringing

a series of Type 21 Frigate into service, built and designed by Vosper-Thornycroft in the U-K, and coming into commission for slightly more than \$30 million per ship. It makes a sickening comparison. Sure the British ship is slightly smaller than the one we are aiming to build, but it's faster, and has very nearly the weapons capability. I'm not suggesting we should buy new ships off the shelf and deprive Canadians of badly needed jobs, but surely a license to build in Canada could be arranged. Do we have to re-invent the wheel at enormous expense?

Currently there are 20 serviceable destroyers in the Canadian Navy, but all — with the exception of four DDH-280 super ships — are reaching the end of their useful lives. A warship is expected to last 25 years. When it reaches

that age the equipment breaks down repeatedly and repairs start to become uneconomic. The weapons by that stage of life are obsolete. Canada's four DDH-280 ships were built in 1972-3. Every other destroyer we have was built prior to 1964, and that means that by 1989, when the six new ships are scheduled to be in service, we'll have 10 useful ships — the six new ones and the four DDH-280s — instead of the 20 we have today.

It doesn't say much for government planning, and it doesn't speak very highly of the Trudeau vows to protect Canadian sovereignty. We've vastly expanded the amount of sea area we claim, and yet we've got a diminishing amount of muscle to enforce our claims. If you think that's stupid, you're on the right track.

MEDLEY'S
PIZZA

457-1676
HALIBURTON

286-1676
MINDEN

WATCH FOR OUR

GRAND OPENING

IN
HALIBURTON, SOON!

"SERVING YOU IS OUR PLEASURE — AS WELL AS OUR BUSINESS"

Non-Smokers now in majority!

OTTAWA — The majority of Canadians are non-smokers according to a report released recently by Health and Welfare Minister Monique Begin during the launching of this year's National Education Week on Smoking.

The report examines data obtained in 1975 from the Canadian Smoking Habit Survey which has been conducted annually since 1965 by the Department of National Health and Welfare in conjunction with Statistics Canada.

Results of the study show a continuing decline in the percentage of Canadians who smoke cigarettes regularly. Approximately 37.3 percent of the population 15 years of age and over were regular (that is, daily) cigarette smokers in 1975, compared to 38.3 percent in 1974. Substantial decreases in regular smoking by adult males during the past ten years have been largely responsible for this decline. Among males 15 years of age and over, 43.3 percent reported cigarette smoking in 1975, compared to 45.3 percent in 1974. Since 1956 there has been an 11 percent decrease in the percentage of regular male cigarette smokers.

According to the survey, the percentage of female smokers 15 years of age and over remained relatively unchanged between 1974 and 1975; approximately 31 percent reported regular smoking.

The percentage of regular smokers in the teenage population declined 1.6 percent between 1974 and 1975 to 28.5 percent. In 1975, 29.5 percent of teenage boys and 27.4 percent of teenage girls reported smoking regularly.

The survey reveals considerable differences in the regional distribution of regular cigarette smokers. As in previous years, Quebec was found to have the highest percentage of both male and female smokers 15 years of age and over. Approximately 50 percent of the Quebec male population indicated they smoked regularly, followed in order by the Atlantic provinces — (44.5 percent), Ontario (40.6 percent), Prairie provinces (39.5 percent) and British Columbia (39.2 percent). Regional distribution of the female smoking population was as follows: Quebec, 34.6 percent; Atlantic, 30.3 percent; British Columbia, 30.0 percent



Thinking Slim

BY JEAN NIDETCH

Some people make lists. Whether they're planning a party or the day's activities. They jot it all down. And you know what? That's a fine idea.

Before I started making lists, I don't know how many times I'd leave my house on errands and return without the scotch tape or shoe polish or something else I desperately needed.

So I'm a firm believer in the written reminder, especially when it comes to a weight control program. Here, a list in time can make the difference between success and failure.

Take food shopping, for instance. Let's say it's late afternoon and you need broccoli, apples and soap from the supermarket. You've had a busy day and an early lunch, but you're determined not to be tempted.

Well, you enter the supermarket and what's the first thing you see? A row of boxes filled with glazed doughnuts, cream pies, coconut cakes and 18 varieties of raisin bread. Your stomach is empty and heaven knows in that condition you'd have to be as strong as Hercules not to toss one of those boxes into your cart. So that's precisely what you do.

Now you turn down the

next aisle looking for, what was it now? Oh, yes, soap. But, wait. Here's a brand of pasta on sale complete with a can of sauce. Hm.

It's a good buy, even if your consumption of pasta is limited right now. Well, you can store it for future use. (Midnight tonight?) And here's a giant size jar of peanuts on sale. Perfect for company.

Well, you get the picture. By the time you leave the supermarket — and I hope you realize that by "You," I mean all of us who've fought fat for years — you not only don't have what you went in for, you're loaded with bags full of exactly what you don't need, and probably don't really want.

And after you get it all home and devour it in one sitting, you realize that "giving in" simply wasn't worth it. Now you have to start all over on your weight control program and deal with feelings of guilt and shame, to boot.

Make a shopping list, my friend. And make sure your stomach is full before you shop. Even if it means a cup of hot tea or some yogurt. Anything to steel you against temptation.

When you get home, you can tear up that list and get ready to make another one.

Ontario, 30.1 percent and the Prairie provinces, 29.9 percent.

In view of last week's nationwide education program on smoking, it is encouraging to note that as of 1975, almost 12 percent of the Canadian adult population have successfully quit "the habit."

Carnival results at press time

Once again the Kinsmen have come through with another very fine Carnival. Although the weather was cold, it was springlike in comparison to the 1977 carnival. Attendance figures are not all in as yet, but its pretty safe to say that the carnival was a great success.

UXBRIDGE TEAM WIN BONSPIEL TROPHY

Festivities started Friday evening with the Carnival bonspiel at the curling rink with teams from Minden, Haliburton, Scarborough, Uxbridge, Richmond Hill, Sudbury and Thornhill competing. Bill Scott and his rink from Uxbridge captured the Carnival Bonspiel trophy amassing a perfect 4-0 record and 49 points. The rest of this championship rink are Joan Scott and Linda and Bob Forsythe. Winning the President's Trophy as runners-up was Bill's brother Jack. Jack and his rink, Marge Scott and Marg Copeland swept their way to second with 41½ points.

Third place went to Bob Eaton of Thornhill with 41 points, fourth was Minden's own Garth Kellett with 40½, fifth Bob Colliver of Haliburton 37½, Don McLean of Scarborough took sixth with 33½, seventh was George Curry of Sudbury with 30½ and eighth was Tom Hurtt of Minden with 22½.

100 YARDS IN SEVEN SECONDS

At the drag races Kelly Goreski of Ashburn had the fastest time clocking seven seconds down the 100 yard straightaway. Kelly picked up a pair of snowmobile mits courtesy of Pilon's Bonaventure in Moore's Falls. He also captured the 440 modified and 440 free air classes. The 440 fan class went to Greg Shaw of Mountain Lake. Greg also was first in the 400 fan class. Top honours in the 400 free air went to Danny Brown of Stouffville. A. Hughes of Richmond Hill captured the 300 fan class while Brent Colman of Minden took the 300 free air class.

MORE CONTEST WINNERS

Curtis Gartshore and his team of brother Scott, Dan McKelvey and Andy Anderson took the pole climb in a remarkable 20 seconds flat. The log sawing contest was won by Bob Dudman and Dean Hewitt. Bob Cowen came in with the biggest fish in the derby, a 3.4 pound lake trout. Second was Ron Robinson with a 2.5 pound Rainbow. The pie eating contest was won by Cameron Monk and the Crowe's Nest beer contest was won by Bob Dudman in 42 seconds.

Anson, Hindon and Minden get go ahead for Seniors apartment

The Townships of Anson, Hindon and Minden had their application for a proposed Senior Citizen apartment complex approved by the Ministry of Housing at last Wednesday's meeting of council.

Sid Palmer of the Ministry attended last week and brought approval for 19 one-bedroom units and one, two-bedroom unit to be built.

Clerk-Treasurer Elinor Burk told council that 64 applications were mailed out to persons eligible for the apartments and to date she had received 21 replies.

Construction is expected to begin in May of this year and if everything goes according to plan they should be ready for occupancy by May 1979.

\$375 damage in snowmobile pile up near Dorset

DORSET — Early Saturday afternoon, a four-snowmobile pile-up occurred on County Road 8 in the Dorset area. Robert Green of Meaford was northbound on a snowmobile trail when he rounded a curve just before County Road 8 and ran into three snowmobiles parked on the road. Green's 1978 snowmobile received \$75 in damage. Gardiner Storage of Meaford, had his 1977 machine damaged for \$180 and Chuck Juniper Masonry and Jan Laing had their machines damaged to the extent of \$80 and \$40 respectively. Investigation was conducted by PC Barry Connelly.

Kathryn Koehler 29, of RR 1, Haliburton damaged her 1976 station wagon to the extent of \$450 when she was eastbound on North Kashagawigamog Lake Road and slid on a curve striking a tree on the left side. Investigation by PC Gary Chapman.

John N. Moss 43, of Markham received slight injuries early Saturday afternoon when his snowmobile flipped over. Moss was travelling south on Kennis Lake when a ski struck a snow covered rock throwing the driver from his snowmobile and causing the machine to roll over several times. Damage was estimated at \$200. Investigation by PC Jim Martin.



clearance
sale
prices on
new
Bolens
snow
removal
equipment

■ Three walk-behind snow-thruster models (5, 6 & 8 hp) 24" or 26" auger widths.

■ Bolens tractor and snow-thruster models—seven power sizes—8 to 20 hp—gear drive and hydrostatic drive models with 32, 38, 42 or 48" snow-thrusters or 42 or 54" blades. Variety of snowthruer accessories available.

■ Trade-ins accepted.

NORTH SHORE LAWN
& GARDEN

Phone 489-2489

FMC

JOHN LINDSAY

Announces

NO PRICE INCREASE

ON JANUARY 3, 1978 GENERAL MOTORS ANNOUNCED A PRICE INCREASE ON 1978 CARS AND TRUCKS:

LINDSAY PONTIAC BUICK WILL HOLD THE PRICE ON OVER 70 CARS AND TRUCKS, RECEIVED BEFORE JANUARY 1st, WHILE THEY LAST.

COME IN NOW AND MAKE YOUR CHOICE WHILE THE SELECTION IS GOOD. YOU COULD SAVE FROM \$100.00 TO OVER \$400.00, DEPENDING ON MODEL AND ACCESSORIES.

LINDSAY

PONTIAC - BUICK

150 Angeline St. N.

Lindsay 324-2148

SHOWROOM HOURS:

Mon to Fri. 9:00 A.M. to 8:30 P.M.

Sat. 9:00 A.M. to 5:30 P.M.



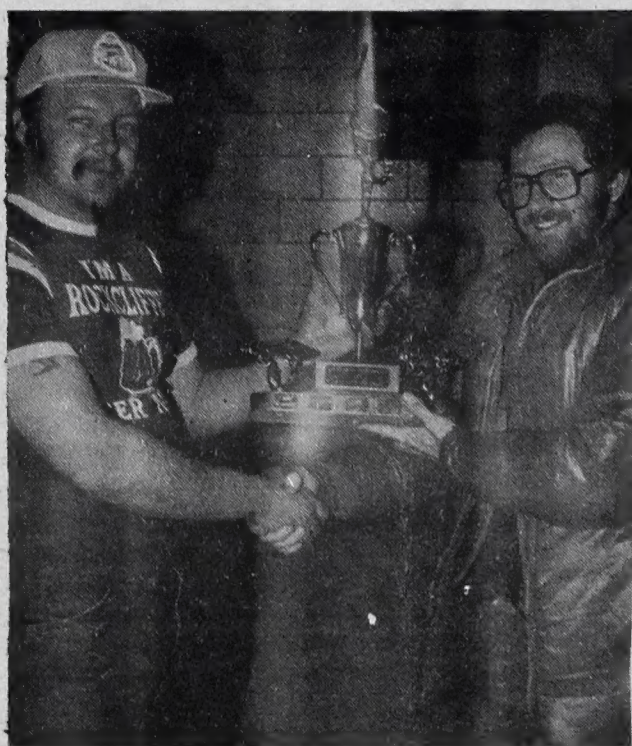
Winners of the Carnival Bonspiel, held at the Minden Curling Club this past weekend were the Bill Scott rink from Uxbridge. Rink members from left to right, Linda and Bob Forsythe, Joan and Bill Scott. Minden Curling Club member Garth Kellett presents the championship trophy.



Consolation winners in the Carnival Bonspiel and winners of the President's Trophy were Jack Scott and his rink from Uxbridge. The remainder of Jack's rink, left to right are Marg and Murray Copeland, Marge and Jack Scott. Brother Bill Scott, presents rink with the trophy.



Overall point winners at this weeks Car Ice Races held in conjunction with the Winter Carnival are left to right, Ray Gregg of LeFroy, 1st; Don McKnight of Toronto, 2nd; and Bill Burch of Mississauga, 3rd.



Consolation Champion at the Peterborough Motor Sport Club sponsored races over the weekend is Don McKnight of Toronto, accepting consolation trophy from Minden Kinsman, Jim Schlosser.

Egg Prices Stable

Egg prices in Canada appear to have stabilized during the past few years following dramatic increases of 44 per cent in 1973 and almost 11 per cent in 1974.

While prices did increase by about nine per cent during 1976 they actually declined by 0.7 per cent during the previous year and increased by only one per cent during 1977.

However, even though prices have stabilized, that doesn't mean they cost the same across the country. In December, for example, people in Toronto, Montreal and Vancouver were paying 82 cents, 85 cents and 88 cents respectively for a dozen eggs.

Declining grain prices have been a primary factor in the recent price movement while other contributing factors include advancing technology and increasing productivity.



This happy sextet representing the Rockcliffe Hotel, captured the ladies tug-a-war contest at the Carnival defeating a couple of Kishog Lake entrants.

Joan Crosby's TV PARADE

NO, NO — Carol Burnett has just turned down an unprecedented amount of money offered to her for a commercial.

Wouldn't it be nice to have something that was neither illegal, immoral or fattening?

TRIVIA— In checking a fact or two about James Franciscus, the following bit of "well-for-heaven's-sake" has come to light. Popular Jim has never had a TV series that wasn't named after the character he played. His first was Mr. Novak. Then he was Longstreet, followed by Doc Elliott, followed by Hunter, which was his name and also what he did. Can you think of any other actors to whom this applies? There must be some.

DANDY DAN — Dan O'Herlihy recently played a Bogart-like character on a segment of The Bionic Woman that bore a strong resemblance to the Bogart-Hepburn classic, "The African Queen."

The difference was that instead of going to their destination on a boat, O'Herlihy's character and the bionic woman herself (Lindsay Wagner, of course), traveled in a half-track. Why?

"The day before filming began on the episode," says O'Herlihy, who is being talked up for an Oscar nomination for his por-

OPINION: Farrah Fawcett-Majors probably lost more friends than she gained over her insistence of a Redd Foxx apology for a parody of her and her family in which everyone, including the family pet, wore a blonde Farrah wig.

I didn't see it, but it sounded funny to me. However, Redd loses me when he says he'll quit rather than apologize. Could it all be a ratings ploy?

EDWARD J. GARDINER

B.A., L.L.B.

WISHES TO ANNOUNCE HE WILL BE

CONTINUING THE PRACTICE OF LAW

IN ASSOCIATION WITH

RAYMOND G. SELBIE

B.A., L.L.B.

UNDER THE FIRM NAME OF

EDWARD J. GARDINER

BARRISTERS

AND

SOLICITORS

LINDSAY

136 Kent St. West,
Lindsay, Ont. K9B 4R8
Telephone 324-6883

HALIBURTON

P.O. Box 186, Main St.,
Haliburton, Ont. K0M 1S0
Telephone 457-2435

NOTICE

TOWNSHIP OF LUTTERWORTH

The regular meeting of the
Council for the Corporation
of the

Township of Lutterworth

will take place at the

Municipal Office on

Tuesday, February 14, 1978

at 7 p.m.

Wayne Hughes,
CLERK-TREASURER

Sport's

Walker Midgets win Bob. tour.

BOBCAYGEON — Walker's Midgets were entered in the Bobcaygeon Midget hockey tournament on Saturday and came away with top honours, trouncing Beaverton 7-0 in the championship game.

Minden met their hosts in the first game of the tournament and were hard pressed to defeat the Ti-Cats 4-3 in overtime. Danny Allison scoring the winner. Harold Porter, Brian Shaw and Joey Graham scored the other Minden goals.

Brian Shaw scored twice in the semi-final game against Lakefield and Minden went on to win 3-1. Harold Porter scored the third Minden goal.

In the championship game, Minden had the easy time of the season, disposing of Beaverton 7-0. Danny Allison notched the hat-trick, Brian Shaw scored twice and singles went to Harold Porter and Tim Davies.

If you need
3 phase electric equipment
and only have 1 phase power
USE



ROTARY PHASE GENERATOR
Operate 1 or several electric motors
or other 3 phase apparatus

*Dependable *Versatile *Economical
manufactured in Canada by

**DELTA ENTERPRISES
(SARNIA) LTD.**

For Information
contact area distributor:

ORSER ELECTRIC LTD.
24 West South Street
Orillia, Ontario
L3V 6K6

TELEPHONE

(705) 326-6427

Doubleheader win at Centre

MINDEN — Walker Lumber Midgets and Vasey Juveniles staged a doubleheader at the Centre on Sunday and came away both winners. At 5:30, the Lumbermen took on Fenelon Falls and got revenge for an earlier 9-5 loss by blanking them 6-0.

Brian Shaw once again was the individual star of the game scoring three times and setting up Harold Porter for another score. Tim Davies and Garry Harrison added singles.

The Juveniles then took to the ice against Oakwood and edged them 4-3. Again it was Shaw leading the way netting three more goals and assisting on the fourth scored by Steve Davies. The schedules for both teams are now complete as well as the Peewees and Bantams.

The Midgets ended the season with a record of 11 wins, two losses and three ties for 25 points and will now meet Sunderland in the first round of play-offs. The Juveniles also posted a season record of 11 wins but had seven losses and two ties for 24 points. They will now meet Cannington in the play-offs.

Jadek Sport Bantams finished the season with a record of 15 wins two losses and two ties and captured first place in league standings. The Jadek boys will now meet Woodville in the first play-off round.

Minden Peewees ended their season with eight wins, six losses and two ties, good enough for third spot. They will not be competing in the OMHA play-offs but will start a round robin series with the other teams that failed to finish in the top two places.

Modern Electric leads by 7 pts.

CARNARVON — The Men's Commercial league is rapidly approaching the two-third mark in the season and Modern Electric seems destined to win the second series. With just one night left in the series, the Electriemen, led by Ronnie Robinson Jr., have a seven point lead over the first series winners, the Minden Progress, 139-132.

The only outsider having a chance of winning the series is Peterborough Lumber, who presently are third with 129 points. Fourth is the Rockcliffe Hotel with 126, fifth are Ingoldsby with 116 and NorPhoto with 87.

Ronnie Robinson of Modern Electric continues to lead the league with a tremendous 256 average, tops in the 1000 Lakes Bowlers Association. Bob Robinson is second with 227 for Peterborough Lumber and third is Ed Cox of the Progress with 223.

Top bowlers this past week are Pat Clarke, MP with 776; Bob Robinson, PL 743; Reg Burk, Ing. 705; Carl Holmstrom, RH 703; and Ken Sawyer, RH 702.

IF IT'S FOR SALE

A CLASSIFIED AD WILL SELL IT!

MAIL YOURS TODAY, ONLY \$2.

Juvenile's drop 10-9 decision

BEAVERTON — Vasey Juveniles travelled to Beaverton on Friday evening and were downed 10-9 by the 1977 All-Ontario defending champions.

Minden, playing shorthanded, having only eight players due to injury, sickness and holidays, played a fine game against this powerful Beaverton squad and with a bit of luck around the net, could have won.

Brian Shaw led the attack with three goals and an equal number of assists, while Steve Davies and Terry O'Brien scored twice. Jim Hogue and Rocky McElwain each had one goal to round out the scoring.

The loss, Minden's first in five games, gives them a seasons record of 10 wins, seven losses and two ties.

TRI COUNTY PEEWEES WIN TWO

Minden Tri County Peewees have been playing great hockey this past week, dropping Beaverton 6-4 and then trouncing Cannington 6-3.

Scoring in the Beaverton contest were Kevin Forbes with three big goals, Tom Closs added two and Louie Reynolds potted a single. In Cannington, John Dillion, Kevin Forbes and Tom Closs handled the scoring for Minden.

TC BANTAMS TIE HALIBURTON

HALIBURTON — Minden Tri County Bantams continue to thrive on the coaching of Bill Dillon who has them playing fine hockey of late after a disastrous early season. They picked up a point this past week in Haliburton, when they tied their perennial arch rival, 2-2. Minden had the game won until 36 seconds left in the game when Jamie McKay scored to give Haliburton the split in points.

Andy Pristol and Brett Porter scored for Minden with Paul Madden scoring the other Haliburton goal.

The United Church mixed league is one of the most competitive leagues at Carnarvon Lanes. Louise Preston holds the top rung in the league with 74 points but the rest of the league is breathing down her neck. Donna Hicks is just five back in second with 69, Hetty Gree has 65, Carol Kellett sports 63 points and Dorothy Eastman has 60. The only team apparently faltering in the league is Gladys Wruth's sextet, sitting in the basement with 44 points.

Virna Wegg, a member of this years 1000 Lakes Carling Open contingent which vies for the Provincial Championships in Hamilton next month, continues to bowl well in the UC league. Virna holds high average of 201 and triple of 691. Marie Reynolds has a fine single of 326. Bill Bennett also holds the top average and single of 192 and 690. Wilber Gibbs owns the single of 276.

COMBINES WEDNESDAY MIXED STANDINGS

In the Tuesday night Combines league, Lil Gorveatt sits in first spot with 37 points followed by Jack Yateman with 34. Ada Gibbs and Pearl Foster are tied at 25 in third, Art Beatty stands fifth with 24 and Eva Piper sixth with 22.

In The Wednesday Night mixed the Four Flavours have captured the second series with 141 points, just one point ahead of runner-up Marty's Smarties. Third spot went to the Pokey Oakley's with 124, Helen's Hustlers were next with 120, Oakley O'Stars are fifth with 112 and Rolling Stones last with 92.

BOTTOM'S UP HOLD COMMANDING LEAD

The Dorset Mixed league finds Len's Bottom's Up doing just that as they hold a commanding 14 point lead atop the standings. Len's gang has amassed 78 points to date with Leta's What Nots 14 behind with 64. Mary's Bobcats and Ron's Easy Riders are tied for third with 58 while Richard's Hookers and Art's So Whats round out the league.

Boyd Griffin and Diane Griffin lead the league averages with 202 and 182. Bob Webb holds both the single and triple with 288 and 695. Millie Richardson has the top single not only in the league but also one of the highest in the House this year of 345. Millie also holds the high triple of 757.

ERIC BURK CONTINUES TO LEAD INGOLDSBY

That youngster from out Ingoldsby way continues to bowl superbly and as a result has his team in first place with 69 points, two up on Harry Henderson. Third spot is occupied by Gord Darby with 66, fourth is Bob Peacock with 55, fifth is Wally Crofts at 44 and sixth is Cec Robinson with 35.

Don Hicks and Mima Burwood hold top averages of 215 and 190. Gord Darby owns both the single and triple marks of 303 and 711. Mima Burwood has added both the singles and triple to her high average, with 286 and 671.

**DRINKING
&
DRIVING
DON'T MIX**

In the News



PLATO'S perils led to a damaged ear. His owner, Barry Matt, of Rocky Hill, Conn., modified a plastic bucket to stop the mongrel from scratching his injury.

★ CURRENT ★
Record

HITS

Now available in:

- ★ 8 TRACK TAPES
- ★ LP ALBUMS
- ★ 45'S
- ★ CASSETTES

Weekly delivery on Special Orders

MAE'S Main St. Minden

"Angels" win second series

Audrey Fountain's Angels, with a seven point final evening, captured the second series in the Maple Lake Mixed bowling league last Friday evening. The seven points gave them 42 for the series, seven up on second place Fred Cox's Foxes and Ron Robinson's Rollers. Fourth were Ev Stata's Strikers, fifth, Lynn Frankland's Loafers and sixth was Dan Harding's Dynamos.

Ronnie Robinson Jr. leads the men with a 239 average while Ev Stata leads the ladies with 208. Wes Stata has the top single of 329 followed by Ron Robinson with 328 and Ed Cox with 326. Martha Harding tops the ladies with 315 and Ev Stata second with 302.

HUSKIES TOP TUESDAY 9 PM LEAGUE

With two weeks left in the Tuesday 9 p.m. league the Huskies hold a two point lead atop the standings over the Muppets with 116-114. The Tornados are third with 112, Oversized Specials are next at 111, Tuesday Terrors with 103 and Charle's Angels with 92.

Ron Robinson Jr. leads the league with a 221 average while sister Marnie leads the ladies with 195. Gord Overall holds both the single and triple for the men of 323 and 857. Barbara Allison owns the ladies single laurels with 342 and Marlene Cook has top triple of 698.



(C) COPYRIGHT - 1977 TORONTO SUN SYNDICATE

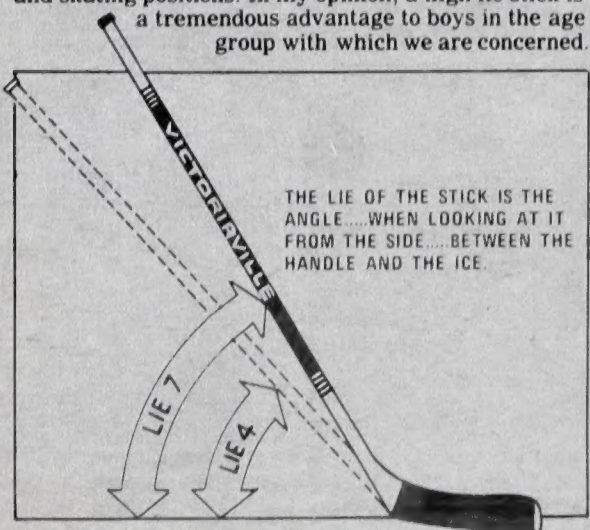
THE HOCKEY STICK

I have observed that the only way an amateur or minor hockey league player does not imitate the professional is in his use of the stick. A pair of inadequate skates is a severe enough handicap for any boy, but an improper stick really tops it off. It says much for the determination of our youngsters that so many of them turn into good hockey players despite these handicaps. But where would these kids have gone if they had started out on the right "skate?" When choosing a stick, I recommend that you buy the best quality boy's stick that is available, or that you can afford. A stick is purchased too often with the reasoning that he will break it in a couple of games anyway, so why get a good one? In the age group which we are dealing, seven to 12 years of age, the percentage of broken sticks is very low. Most of them just splinter and fall apart, and with proper taping, that can be avoided.

Most manufacturers do make a good quality stick for boys, but they are not always available in every part of the country. The retailer must take his share of the blame for this because many of them think, and recommend that a cheap or adult-sized stick is all that the kids need. If you can find a retailer that handles quality sticks for boys, let the youngster choose one for himself. However, use the following guidelines on lie and blade curves:

The lie of the stick is the angle — when looking at it from the side — between the handle and the ice. It is indicated by a number on the top side of the stick handle near the end. The lie is graduated from number 4 to number 7. When the bottom of the stick blade is flat on the ice, the handle end of a lie 4 is much closer to the ice than a lie 7. I think that until a boy becomes a proficient stickhandler, he should use the highest possible lie and a blade with a straight edge on the bottom from the heel to the toe. If you purchase by lie number, you are going to run into the same problem as with skate sizes — the angle of a lie 7, for example, will differ from one manufacturer to another. One of these years, the hockey stick industry will get around to a standard lie, but until then, when buying a boy's stick, I recommend you find the highest lie possible, and then buy the best quality stick in that line.

Why the high lie? Most youngsters are quite weak in the hands, wrists, arms and shoulders. These parts of the anatomy are not strong enough at their stage of development to provide the muscle power necessary to control a stiff adult handle on an oversize blade with a puck up for grabs. Using a high lie stick enables the player to bring the puck in closer to his feet where he can apply what strength he has to the business end of it. If his hands are in the right position when he holds the stick, it forces the boy into the proper stickhandling and skating positions. In my opinion, a high lie stick is a tremendous advantage to boys in the age group with which we are concerned.



Report of Trail Conditions

Monday, January 30

- Snowarama route to be heavily groomed, consequently other routes may not receive attention.
- Second priorities include the Peterson to Elephant Lake and the Moore's Falls to Minden route.
- Lakes are good with up to 10" ice reported.
- Slush — some now appearing, up to 6" but spotty. Groomed Trails just don't happen — Join the HCSA!

IF IT'S FOR SALE
A CLASSIFIED AD WILL SELL IT!
MAIL YOURS TODAY, ONLY \$2.

Peanuts By Charles Schulz



YOU'RE WHISTLING IN THE DARK...

IF YOU THINK THAT HEART ATTACK AND STROKE HIT ONLY THE OTHER FELLOW'S FAMILY.

Help your Heart...
Help your Heart Fund



Showdown '78 Winners

Winners of the Showdown 78 held in Haliburton were:

AGE	NAME
9	Tran LaRue
10	Mike McNault
11	Andy Bishop
12	Paul Vuksic
13	Duff Mitchell
14	Eddie Davis
15	Mike Rae

AGE	NAME
9	Tony Hartin
10	Tim Winter
11	B. Chambers
12	M. McNault
13	T. Vanlieshout
14	Al Espie
15	Dave Dodd

WINNING GOALTENDERS O.M.H.A.

AGE	NAME
9	Mike McLean
11	Steve Dodd
12	J. Bennett
14	Dave Elstone
TRI COUNTY	
12	Tim Dereno
16	Keith Smith

Remnant And Roll End Sale, Thurs. Feb. 2

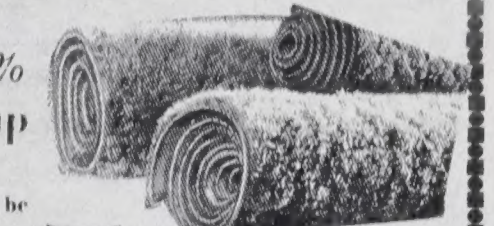
SAVE from 30% - 50% on all Roll Ends, etc. up to 12'x23'.

Many other specially priced carpets will be available at this time!

TAKE ADVANTAGE OF THIS SPECIAL OFFER NOW

157-2022

Main Street, Haliburton



CORDELL Interiors

SNOW TIRE

Sale



SALE ENDS FEB. 15/78

GENERAL TIRES

ALL WINTER STOCK MUST GO!

HERE ARE A FEW EXAMPLES OF SAVINGS ON VARIOUS SIZES

BR78-13 (RADIAL)	REG. \$59.95	SALE \$47. ⁹⁶
G78-15 (BELTED)	REG. \$45.50	SALE \$38. ⁶⁸
D78-14 (POLY)	REG. \$35.50	SALE \$30. ¹⁸

McGUIRE TIRE SALES LTD.

BEHIND RED & WHITE STORE
HALIBURTON, ONTARIO
457-1258

Mobile canteen gets license

Minden council gave permission to Mr. Gary Wooten to operate his mobile canteen beside the Rockcliffe Hotel in the village. A license fee of \$150 was paid by Mr. Wooten and a resolution passed by council.

The resolution only applies to the site at the hotel. If Mr. Wooten wishes to move to another location he would first have to appear before council for permission to do so and have the permission of the landowner where he was relocating.

How to make the most of winter business in Haliburton

The Haliburton County Snowmobile Association is pleased to present a dinner and seminar aimed at improving winter business in the county.

The dinner will be held on Feb. 16 at the Haliburton Legion with keynote speaker Vern Telford from the Ministry of Industry and Tourism. Other speakers include John Moskwa, Federation of Snowmobile Clubs and Bob Stinson, Chamber of Commerce.

Price is \$5.00 per person which includes a roast beef dinner and evening workshop. It all gets underway at 6:30 p.m.

IF IT'S FOR SALE

A CLASSIFIED AD WILL SELL IT!

MAIL YOURS TODAY, ONLY \$2.

John Welch & Son Ltd.

Funeral Directors

Gordon A. Monk, Funeral Director

A Funeral Service to meet the requirements of every family, we are privileged to serve.

P.O. BOX 427, MINDEN, ONTARIO K0M 2K0

Telephone: 286-2181 or 286-2036

(Main Street, across the bridge.)

☆ SPECIAL ☆

Meatball Submarine

\$1.00

HAVING A PARTY? CALL

K&D Subs 286-2148

MAIN STREET, MINDEN
(across the bridge)

Bombi Booster fund started

The Haliburton County Snowmobile Association announces the formation of a Bombi Booster Fund to pay off bank loans incurred in the purchase of the two grooming units.

Minimum donation is \$10 for which each donor receives a special Bombi booster decal and crest. All donors will be acknowledged in the local newspapers and through club bulletins. To kick the fund off — Prentice Roads Ltd. of Minden have donated \$300.00.



February is Heart Fund Month!

SUBURBIA



Perform a death-defying act.

Give Heart Fund.

Give Heart Fund

BOB JOHNSTONE



"Maple Hills"



Residential Building Lots FOR SALE



- ★ Just three miles west of Haliburton Village;
- ★ From 2 to 8 acre wooded lots;
- ★ Excellent Privacy;
- ★ Hydro Services on property.

For Further Information Call —

BRANDT STAMP

Days 457-2380

Nights 754-2744

We have a second-hand watch. The minute and hour hands dropped off last week.

"Just in case you happen to miss, honey."

MINDEN COLLISION SERVICE

Complete Body and Paint Service

286-1851

—Weddings, Anniversaries, Parties—

• DISC JOCKEY •

NOW AVAILABLE IN THE AREA!

Large selection of records and tapes for ALL types of music.

FOR MORE INFORMATION CALL

754-2040

Though new this season on CBC-TV current affairs program 'the fifth estate', co-host Bob Johnstone is hardly new to the field of journalism. He has in fact been a newsman for the past 25 years having worked as an investigative reporter for newspapers, radio and now television.

Samantha READS YOUR STARS

If you were born this week: Your mind is always clicking. In fact, this sometimes causes you problems, for you have a hard time shutting it down long enough to relax or to sleep. You have as many interests as there are grains of sand in an hourglass, but never enough time to devote to all of them.

ARIES (3-21-4-19): You may be drafted into a dreary chore. (Sam knows you'd never volunteer for it.) If you're fast enough, you may just be able to sidestep it. Good luck, Aries. Week also holds romance, meetings and a social shindig.

TAURUS (4-20-5-20): A chance encounter adds spice to opening days, Taurus. Then, don't count on offers being fulfilled. They fall into the category of magicians' tricks: now you see them; now you don't. Week twirls to a tipsy finale.

GEMINI (5-21-6-20): You may be dealing with a 'show me' type, Gem. It's not sufficient to TELL 'im; you'll have to PROVE it to 'im. Later, two idealists get together and explore both unearthly and very earthy phenomena. Hurrah.

MOONCHILD (6-21-7-22): Cupid sets a sexy mood to get week off to fine start, Moonbaby. Then, current project needs your attention. It may be like wading through peanut butter to make headway with it, but you should try. Latter days are provocative, puzzling and full of pizzazz.

LEO (7-23-8-22): Handling domestic matters could make you feel like you're walking a very narrow balance beam. Not treading on someone's feelings may be difficult, if not almost impossible. If anybody can do it, it's you, Leo — sweet master of diplomacy. Later, lovin' brings down the house.

VIRGO (8-23-9-22): New acquaintance sure is intriguing, Virgo, but he's no garden of delights. If you cultivate a week, you're just making it harder to pull out. Later, they're playing your song — boogie on to rousing good

time, baby.

LIBRA (9-23-10-23): Avoid harebrained schemes for instant riches, Libra. Pursue your own interests on your own. You don't need advice or fancy ideas. Later, return calls and answer all communications promptly. Days clatter by.

SCORPIO (10-24-11-22): Look for a consultation, a decision, and a change of mind this week, Scorp. Speak your mind; don't pull any punches, but do exercise a little tact, sweetie. Days shimmy along to satisfying romantic conclusion.

SAGITTARIUS (11-23-12-21): An old memory could pop to the surface this week, Sag, and just about blow your mind in the process. Use it correctly and it'll unlock at least one door for you. Later, temptation's on the way; hide your checkbook.

CAPRICORN (12-22-1-19): A social event may be the scene of a minor power play, Cap. As a member of the audience, you can leave after the first act. Later, take care of your body; make sure you're getting enough rest and the proper diet.

AQUARIUS (1-20-2-19): A personality conflict may make you see red, Aquarius, as your cool evaporates and becomes quite warm. You can sit in front of a fan and count to 10, or you can cook that turkey. I know which you'll do, and I think you do, too. Latter days bring welcome romantic hijinks.

PISCES (2-20-3-20): In your symbol, Pisces, there are two fish, each looking a different direction. You yourself often seem of two minds, each wanting to head a different way. Get 'em together, li'l fish; one mind is plenty to handle.



NEW EVENT at the Carnival, "pole climbing" was one of the most interesting events there. Above, Jim Martin and John Pentney form the foundation for Paul Heffer and Ivan Ingram, showing his exuberance at reaching the top of the pole.

Help your
**HEART
FUND** 



GUTSY GALE — Minden's Stedman's Store suffered \$1,000 in damages at 4:25 a.m. last Thursday morning when winds of up to 100 kilometres blew in two full length glass windows. Above, Bob Beeney and men replace the broken glass with plywood sheets until the new panes arrive.



TUG-A-WAR WINNERS — Above, six youngsters captured the under 16 tug-a-war event at this year's Kinsmen Winter Carnival. Left to right, back row, Craig Bugden, Harold Cowan, Scott Young. Front row, Daryl Ward, Doug Schell and Rob Ryan.

Beaconbrook Motor Hotel

HALIBURTON, ONTARIO

Dining Room 12 Noon - 2:00
5 til 9:00

WEEKLY ENTERTAINMENT

Bill and Sheila

TAKE OUT
457-1610 CHICKEN & PIZZA 457-1610

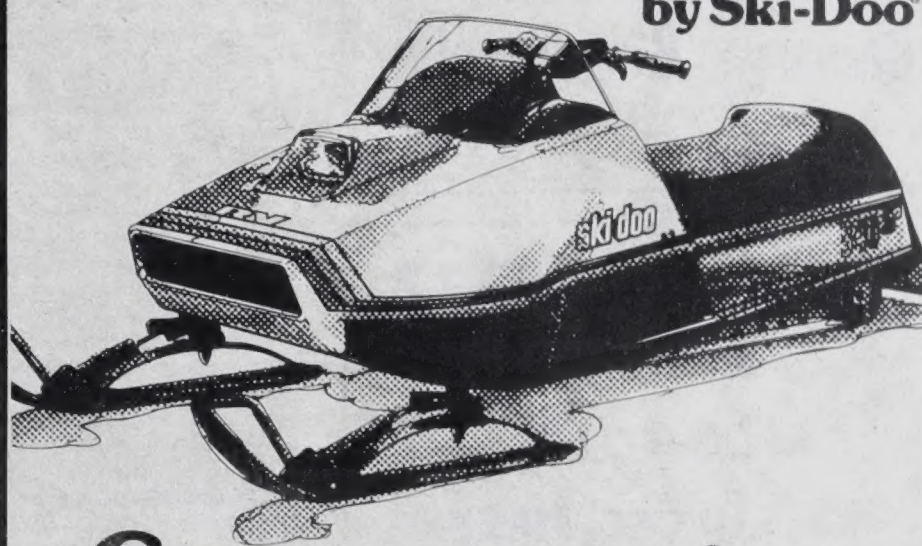
Township of Lutterworth

NOTICE
1978 Dog Licenses
are now on sale
at the
Municipal office.

Wayne Hughes,
CLERK-TREASURER

5 IN STOCK!
RV 340 '78

by Ski-Doo®



**Cross-country
super-sled.**

Go'doo it.



ski-doo
snowmobiles

World's #1 selling snowmobile.

PRENTICE ROADS LTD.

Hwy. 35 south of Minden

286-2750

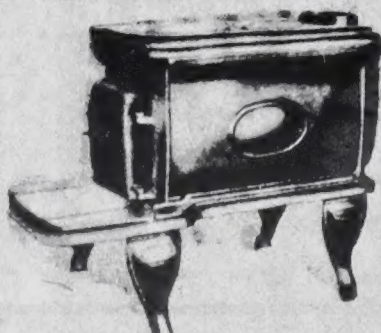
The Energy Savers

ARE BROUGHT TO YOU BY THE FOLLOWING FIRMS
INTERESTED IN CONSERVING ENERGY

BOX STOVES

FOR FAST
WARM-UPS!

CAST IRON
Two 8" covers
24" box length
6" Oval collar



Minden Home Hardware

MAIN ST., MINDEN

Catch up with a retrofit

by Richard Charles

A word that you'll be hearing often is "retrofit". In case you haven't met it, it goes like this: while a house is being built you can fit it with all the insulation you like, but when the house is already built and the insulation is not good enough, you bring it up to scratch with a retrofit.

But why bother when you have a good-looking home and life's not all that bad as long as there's a thermostat to push higher as the weather grows icier? The triple retrofit answer to that is: with proper insulation your fuel bills are much lower (by 25 to 55% depending on the age of the home and the type of construction), you feel a lot better indoors without drafts and cold walls, and you are helping to save valuable energy resources instead of pouring them like water through a sieve. As a bonus, your home is more comfortable winter and summer.

If you need a retrofit, and most homes do, your choice of insulating materials will depend on how you will use them, on their R-value (resistance to heat passing through them) and how well they stand up to moisture, fire, bacteria and vermin, and also on their cost, ease of handling and, depending on the use, their rigidity or flexibility. The main types you may choose from are called batt or blanket, loose fill, rigid board and foamed-in-place.

Batt or blanket insulation contains glass fibre or mineral fibre (rock or slag) and has a woolly texture. It comes in slabs (batts) or rolls (blankets) with or without a vapour barrier, and is generally the easiest insulation to handle and apply. It fits snugly between regularly spaced joists, studs or strapping.

Because it is rolled up like a carpet, the blanket is sometimes the more awkward to install. Since batt and blanket are equally effective, your choice should depend solely on where they fit best. Mineral fibre has a slightly higher R value than glass fibre.

Loose fill consists of glass, cellulose or mineral fibres; or vermiculite, polystyrene, wood shavings or wood wool. It is sold by the bag and usually costs less than batts or blankets per unit of R value. Loose fill is especially handy for irregular spaces between joists or other odd-shaped areas. It is also a simple way to insulate a wall space if you can just pour it in. The vapour barrier must be applied separately.

Rigid board insulation may be made of polystyrene, phenolic foam or polyurethane. It offers exceptional insulation for its thickness and weight, averaging R5 (per inch thick) compared with an average of 3.5 for batt or blanket and 3 for loose fill. Other features are its rigidity and degree of sound-proofing.

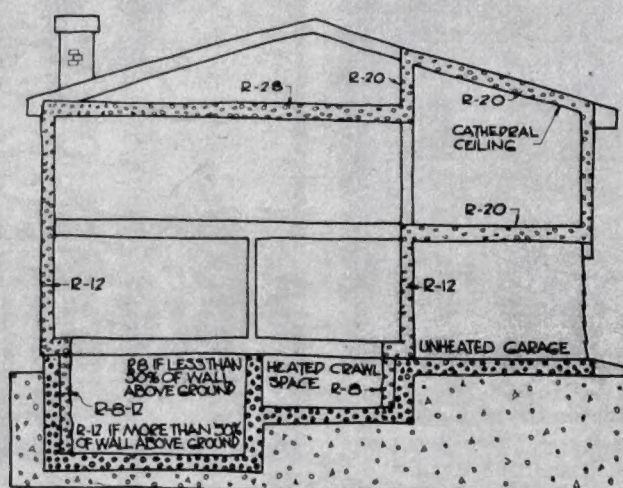
Polystyrene is usually the best buy, but it and polyurethane are flammable and need to be covered with a fire-proof material for safe use indoors. Phenolic foam is more fire-resistant. Rigid insulation can also be applied outside on walls, basements or roofs.

Foamed-in-place insulation is injected as a semi-liquid in wall cavities — a professional job needing special equipment. The material is urea-formaldehyde (average R2.5 per inch) but make sure it meets Canadian Government Specifications Board quality standards.

Where you can't insulate, you caulk or apply weatherstrips in cracks and joints, especially around doors and windows. You can find these spots by testing for drafts with a piece of plastic or tissue (hung from a coat-hanger) or by watching the drift of tobacco smoke.

You can find out a lot more about insulation from **Keeping the heat in**, a publication of the Office of Energy Conservation, Department of Energy, Mines and Resources. Write to Box 3500, Station C, Ottawa, Ontario, K1Y 4G1.

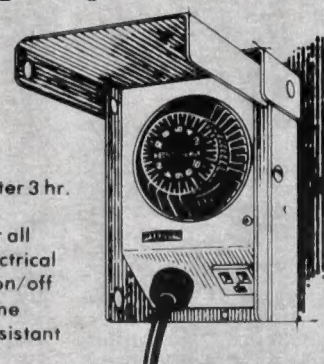
For information on government grants for re-insulation, write to: Canadian Home Insulation Program, P.O. Box 700, St. Laurent, Quebec, H4L 5A8; or phone collect (514) 341-1511.



On display now...

Intermatic
Allweather
Time-All

- Start car engine heater 3 hr. before using vehicle
- Automatic off/on for all outdoor lighting/electrical
- Can handle several on/off operations at one time
- Trouble-free; rust resistant



Highlands Plumbing & Heating

MAIN ST., MINDEN

FRONTIER MOTORS

Hwy. 35 North of Minden

286-2890

"For One-Stop
Complete Car Care"

ELECTRONIC TUNE-UPS

WHEEL ALIGNMENT
(Cars and Light Trucks)

Automatic Transmission Servicing

BRAKES, etc.

MOFFAT MAJOR APPLIANCES

AT

Pritchard's Electric

ELECTRICAL CONTRACTING

Commercial, Industrial, Residential

—Certified Electrical Heating Contractor—

Box 68, Minden, Ont.

286-2830

Interested in saving energy

SEE US FOR

INSULATION...STORM
DOORS & WINDOWS
WEATHER STRIPPING

Carnarvon Bldg. Supplies

LIMITED

Hwy. 35 at Carnarvon

489-2212

INSULATE

WITH

**RAPCO FOAM or
CELLULOSE FIBRE**

★ FREE ESTIMATES ★

Highland Insulation Services

R.R. 2, Haliburton

457-1688

Modern Electric

Wm. Payne & Son Ltd.

ELECTRICAL CONTRACTORS

★ Homes — Cottages ★

Hot Water Heaters

BILL AND WARREN PAYNE

Telephone 286-1280

WOOD ENERGY SPECIALISTS

28

(DIFFERENT)

Energy saving wood stoves
on display.

WALSTEN LTD.

5 km. south of Kinmount,
on Hwy. 121

488-2811

Save on Energy

BY KEEPING

Your Car and Truck
in Top Condition

AT

Curry Motors Ltd.

Your Friendly GM Dealer

HALIBURTON

457-2100

MAKE YOUR FIREPLACE PAY FOR
ITSELF! INSTALL A

Convect-O-Heater



SEE THE COMPLETE
RANGE OF SIZES
AND MODELS AT

Haliburton Lumber

& Enterprises Limited

3 km west of Haliburton on Hwy. 121

Telephone 457-2510

OPPORTUNITY SAVINGS PROFITS RESULTS THEY'RE ALL IN CLASSIFIED

FOR SALE

McGUIRE TIRE Sales Ltd.
Dealer for General, Michelin, Sumitomo and Bridgestone.

We stock truck, tractor, skidder and passenger tires and tubes.

All tires mounted and balanced. Oil changes and grease jobs.

Main St., Haliburton, Ont.
(behind the Red & White)

Phone 457-1258
Evenings 489-2667

KENNEDY SURPLUS & EXCHANGE

Box 630 Haliburton, Ontario
Phone (705) 457-1771

COLEMAN OUTDOOR PRODUCTS
Sales & Service

Sporting Goods and Tools,
Guns, Ammo and Gunsmith Services.

We pay cash for used furniture and appliances, guns, etc.
(3-12c)

FOR SALE

ONE ONLY — last of our Christmas stock. —

HAMMOND ORGAN, regular \$1575, first come, first served, brand new full warranty, now \$1175

ARROW TV

and COMMUNICATIONS
Hammond Organ Centre
Haliburton 457-1091

(4-2c)

WEDNESDAY SMILE . . .

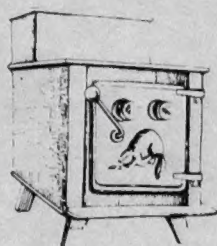
Our daughters have their Masters, our sons their Phd's, but dear old Dad is the only one that holds a J-O-B !

Coming Events

WEDDING DANCE

Chuck & Sue Hewson (nee Precor) wish to invite all their friends and relatives to join them on Feb. 4, 1978 at the Minden Community Centre, at 8:30 p.m. Everyone Welcome.

The Canadian Stepstove



AVAILABLE AT

Jim Garbutt
ENTERPRISES
MINDEN
286-1843

Spare the rod and the boy will leave you on foot every evening.

Do you recall when stern warnings to kids were administered with the back of a hairbrush?

SERVICES

SNOWPLOWING

Haliburton area only! Reasonable rates, fast service. First plowing complimentary. Call 457-1011. (5tfn)

HIAB log loader and two tandem trucks ready to haul. Call 457-1011. (5tfn)

SNOWPLOWING

Commercial and residential low rates, fast service. Call Wedgewood Marina 489-2536 anytime. (4-5c)

— WANTED —

- Old Cars
- Old Trucks
- Farm Machinery
- Industrial Machinery
- Radiators
- Copper
- Brass
- Aluminum
- Generators
- Electric Motors
- Batteries
- All Types of Iron, Steel and Cast.

Udora Salvage Ltd.

MINDEN
189-2065

Coming Events

Stanhope Recreation Committee

VALENTINE DANCE

February 11 at 9 p.m.

Firefighters' Hall

North Shore Road

\$10 per couple

— BUFFET LUNCH —

(4-2c)

OUR WEEKLY BREAD



Let us think of a union with God through prayer. Prayer is the raising of our thoughts to God. Prayer bring respect for God's great power and goodness and shows gratitude for His gifts and sorrow for our sins. Each of us may have a different way to pray, but regardless of our own way it is a beginning to that part of friendship with God.

As well, the most beautiful part — Prayer is its independence of time and place. So, anytime of the day or night, or anywhere you maybe, a prayer can be said.

—PM

STEAM CLEAN YOUR OWN CARPETS

(At do-it-yourself prices)

RENT OUR RINSEVAC - the new compact carpet cleaning machine that lifts dirt, grime and residues out of carpets . . . and does the job professional cleaners charge up to a hundred dollars for. We have cleaning supplies which can be purchased at a surprisingly low cost. We'll help with easy operating instructions.

Do it yourself with

RINSEVAC

at only \$12.00 a day



Hillside PRO Hardware

MAIN ST., MINDEN 286-1171



Family Physician

BY DR. JAMES G. PRICE

Ask Alma

Dear Alma, If my father ever found out that I wrote to you about him, he'd kill me. He's a terrible driver. Now that I've had driver's ed I am aware of all the wrong driving habits he has. Should I tell him? Student, Baltimore

Dear Student, You've had at least 16 years experience with dad's driving and lived to write this letter. Congratulations! Your father's driving habits are just that — habits — and he probably won't change even if you're right. Ever hear the adage about a little knowledge being a dangerous thing? It's not particularly smart to antagonize the owner of the family car if you want to be allowed to use it.

Dear Alma, I love crossword puzzles and I like to do them alone. Sunday's is my favorite. Once I get started my mother delights in adding her two cents. Consequently, I get upset with her. She claims sharing is fun. I don't agree. Alma, how do you suggest I deal with Mom? RLT

Dear RLT, Try a seven letter word starting with "t" talking. Be honest about your feelings — then go on to find a solution. How about buying your own paper, then having a contest to see who finishes the puzzle first or who leaves the most blanks? Sharing doesn't have to mean giving up your piece.

Q. Is it possible to have a sore throat with pus pockets and not have this infection due to a strep germ?

A. Yes it is and the fact that this is possible gives us a little trouble now and then. The virus which causes infectious mononucleosis in the teen-age group will quite often make itself known by causing large spots of pus on the tonsils and these cases may or may not be helped by penicillin.

It's worth remembering that for all practical purposes, all streptococcal infections will be helped by penicillin, so if this antibiotic doesn't improve a sore throat, there's a good chance that strep isn't the problem.

Q. We hear a lot of talk about the "consumer" of medical services properly having a great deal more to do with the treatment he gets than he has in the past, but I wonder if this is really taking place. I had the flu last week and went to my doctor and asked for a shot of penicillin. He refused to give it to me, since he said the antibiotic wouldn't help a viral-caused disease. Since I'm a consumer, why can't I help decide what my treatment should be?

A. Somewhere in between allowing the patient to determine his own treatment and allowing the doctor to practice good medicine, there must be a place

where both are satisfied. I'm with your doctor in not giving you penicillin for a virus infection, but I would listen quite closely to what you had to say about various medicines which past experience tells you will make you sick or bring on an allergic reaction. It makes sense for the total responsibility for your health care to be shared between you and your doctor, with him making those decisions which might be considered as in the scientific field.

Q. I'm 16 years old and I think I might have V.D. I really don't want my parents to find out about this. Is there any way I can be tested to see if this is the case and treated without them finding out? I'm afraid if I go to a doctor, he'll call my parents and tell them about it.

A. Just because you're a minor is no reason that the doctor must call your folks and discuss your problem with them. He can go right ahead and do the appropriate tests and administer any needed treatment to you. Most cities (and even smaller towns) have a "Help Line" which you can call asking where treatment can be obtained. Please do this right away, since untreated V.D. can cause you very severe problems including the loss of your fertility.

Home Trade

MAHAFFY
UPHOLSTERY & INTERIORS

RESIDENTIAL Custom Work COMMERCIAL

• REFINISHING • REPAIRING

• REBUILDING

ARM COVERS **457-2042**

SITUATED TWO DRIVEWAYS WEST OF HALIBURTON LUMBER CO. and MARINE Prop. Al Mahaffy



ASSOCIATE

MINDEN MARINE
AND AUTOMOTIVE

P.O. Box 9
Minden, Ont.
K0M 2K0

NIGHT CALLS
286-2752

PHONE
(705) 286-1011

FLOYD HALL LIMITED

Insurance & Real Estate

MINDEN
286-1270

HALIBURTON
457-2481

"We sell the Earth and insure its contents."

HIGHLANDS PRINTING
& PUBLISHING

R.R. 2, Minden, Ontario K0M 2K0

Bob Mann

Telephone (705) 489-2036

R.R. 2, Minden, Ont.

K0M 2K0

DON BARKER
OIL BURNER SERVICE

Wood and Oil Burning Furnace Installations
Insulated Chimneys — Air Conditioning

24 Hour Service

(705) 489-2004

MINDEN RENT ALL

Sales and Service for

WISCONSIN ROBIN ENGINES

INGERSOLL-RAND CONST EQUIPMENT

Telephone: 286-2526

(across the bridge in Minden)

PAINTING and PAPERHANGING,

Gyproc Taping and Finishing

COMPLETE INTERIOR DECORATING

by Contract or Hourly rates . . .

WILLIAM (Art) KIRK

Box 376, Minden

286-2170



"It would help sales if it was banned in Boston, M'sieu Rabelais—but unfortunately Boston hasn't been founded yet!"

WATCH FOR THE
GRAND OPENING
OF OUR NEW
MIKE'S MILK
HALIBURTON STORE
★ SUPER DISCOUNTS
★ SPECIALS GALORE
MIKE'S MILK
MINDEN HALIBURTON
OPEN 10-10 SEVEN DAYS A WEEK



Family Physician
BY DR. JAMES G. PRICE

Q. Every once in a while it feels like my heart turns over in my chest. There's no pain when this happens but for an instant my throat feels full. Does this mean I'm going to have a heart attack?

A. The "skipped beats" or "extra beats" which you describe are really quite common, and most of us have them at one time or another. They ordinarily don't indicate any heart problem, but if they are quite frequent it would probably be a good idea to be checked by your doctor. The usual list of causes for this is so long and inclusive — such as extreme fatigue, excess alcohol, smoking, or anxiety — that most of us could easily fall into at least one of the categories.

Q. I recently had my annual physical examination for my company and this year I was given an electrocardiogram (my first). The doctor tells me that some time in the past I had a heart attack, but I've never missed a day's work and can't remember ever having any pain or other symptoms which might have indicated a heart attack. Is it possible for a person to have one and not know it?

A. Yes, it is, although the majority of heart attack victims are aware that something is wrong at the time it happens. I've had this same experience with many patients, and even the most careful history fails to reveal any episode which would have made me wonder if a heart attack was taking place. I'd recommend that you take quite seriously whatever advice your doctor may give you regarding lessening the chances of having another one. Control of high blood pressure, getting rid of any excess pounds, and not smoking will probably be some of the important areas he'll advise you about.

Q. Why do you darn doctors always stick together to defend members of your profession who make mistakes? It would seem as though you ought to be as interested in getting rid of your bad apples as the public is.

A. I'm sorry to admit it, but in the past the situation has been very much as you described it. However during the last several years there has been a marked improvement in this respect, and many state medical societies actually maintain panels of experts who are quite qualified in their fields and who are willing to testify as to what constitutes good medical practice. These groups and individuals have done a great deal to decrease the justified criticisms such as yours. It should be medicine's own responsibility to keep their house in order, and if we don't do it, I'm sure that others will be most willing to do it for us. If you've had some specific problem, I'd suggest you contact your state medical society office to see if such a panel isn't available to you.

I've written a newsletter on problems of obesity which can be obtained by sending 50 cents for each copy to; Family Physician, P.O. Box 489, Radio City Station, New York, N.Y. 10019. Be sure to specify "Obesity."

Crossword Puzzle

Here's the Answer

Ocean Gateway

ACROSS

- 1 Ocean gateway, the
- 7 — is its
- 13 Leveler
- 14 Oleic acid salt
- 15 Most domesticated
- 16 Epithet of Jupiter
- 17 Not fast
- 18 Medical suffixes
- 20 Mexican coin
- 21 Removes
- 23 Pull up
- 27 It bisects an
- 32 Fortification
- 33 Elevate
- 34 Confer
- 35 Boy's name
- 36 Scatters
- 39 Equals
- 40 Burdens
- 42 Love god
- 46 Narrow inlet
- 47 Back talk (colloq.)
- 51 Beft
- 53 Grumble
- 55 "Lily maid of Astolat"
- 56 Eluder
- 57 More succinct
- 58 Sensibilities

DOWN

- 1 Household animals
- 2 Grandparental
- 3 Captain of the Nautilus
- 4 Afresh
- 5 Muddling (comb. form)
- 6 Masculine nickname
- 7 Supervisors
- 8 Altitude (abbr.)
- 9 Jump
- 10 Moderate
- 11 Indians
- 12 Go by aircraft
- 19 Fourth Arabian caliph
- 21 Of the teeth
- 22 Leather thongs
- 23 Units of energy
- 24 Sweet secretion
- 25 Hebrew month
- 26 Polynesian god
- 28 Robust
- 29 Unit of length
- 30 Employer
- 31 Oriental coins
- 37 Kind of window
- 39 Capuchin monkey
- 41 Challenges
- 42 Encourage
- 43 Hawaiian chant
- 44 Eskers
- 45 Portuguese coins
- 47 Bridge
- 48 Helps
- 49 Dirk
- 50 Weights of India
- 52 Compass point
- 54 Night before an event

Think small

by Jim Smith

Bureaucratese

Procrastination steals time. So, for that matter, does every other big word.

Unfortunately, our bureaucrats and politicians seem to have overlooked one of the most fundamental rules of communication: a basic vocabulary creates the best understanding. So, today, we suddenly have an entirely new language which we can call "bureaucratese".

Bureaucratese is the language of the power brokers, the people who make and enforce the millions of rules that determine how we will all live. And, since none of us can survive without knowing how to cope with power sources, it behooves us all to become comfortable with the new jargon.

The primary tenet of bureaucratese may be summed up as: "Big words obscure the minimal content of small ideas". Therefore, the torrent of jumbled verbiage coming out of Ottawa and our provincial capitals coincides with a severe shortage of meaningful ideas.

Communicating with the civil service presents enormous challenges for the small businessman who is unfamiliar with bureaucratese. Imagine the bewilderment of a typical small businessman who gets a call from a bureaucrat suggesting that they "interface to determine the viability of the parameters as they impact on the socio-economic model." (Translation: Let's get together and see what effect these conditions will have on society and the economy.)

Until recently, this trend towards nonsensical words —

a trend which began only with the intrusion of the American military and its peculiar jargon into North American consciousness during the last decade — was cause for little more than the occasional chuckle on the part of cynical observers. But, today, we have moved dangerously close to the point where those of us who aren't part of the bureaucracy can't understand what the heck the civil servants and politicians are saying. Worse yet, there's good reason to believe that even the bureaucrats don't understand each other.

For several years, the federal government has been providing free French lessons to Anglophone civil servants (and English lessons to Francophones). The intention, of course, is to develop a civil service which is equally at home in either tongue. The actual result, however, seems to be that we are getting a bureaucracy which is functionally illiterate in both official languages.

We can't have good government without strong communication. Consequently, we can't have good government in the presence of rampant bureaucratese. Tens of thousands of small businessmen — who are forced to deal with the civil service on a semi-regular basis — would like to see a return to old-fashioned, structured English grammar — before bureaucratese becomes Canada's third Official Language.

"Think small" is an editorial message from the Canadian Federation of Independent Business.

Short Takes

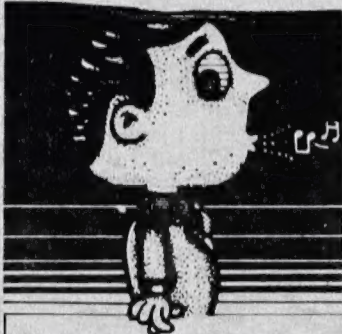
People who have pipe dreams quite likely have given up smoking.

Many other towns can equal Los Angeles for smog — they just don't have as good a press agent for the stuff.

If you think you have it tough, consider the guy with three teen-agers and only one car.

Some ad agencies have automatic tripewriters.

Of course, we laugh all the way to the bank — our account is so ridiculous.



you're whistling in the dark.

... if you haven't had your blood pressure checked lately. You could have high blood pressure and not know it. It can lead to stroke, heart and kidney failure. See your doctor — only he can tell.

Give Heart Fund

For a gift that is entirely
different ... why not

SUBSCRIBE NOW

TO

The HIGHLANDS

Express

R.R. #2, MINDEN,
ONTARIO K0M 2K0

Simply fill out the coupon below, include a cheque or money order for \$6.00 for a one year subscription. Outside Haliburton County, \$8.

Name

Address

POSTAL CODE